Diabetes Meal Planner

Monday	Tuesday	Wednesday	Thursday
Fruit / Veggies	Fruit / Veggies	Fruit / Veggies	Fruit / Veggies
Protein	Protein	Protein	Protein
rioteiri	Frotein	Frotein	Frotein
Carbs	Carbs	Carbs	Carbs
Placel I wale	Blood Level :	Blood Level :	Blood Level :
Blood Level :	Blood Level:	Blood Level:	Blood Level :
Friday	Saturday	Sunday	Notes
Fruit / Veggies	Fruit / Veggies	Fruit / Veggies	
Protein	Protein	Protein	
Protein	Protein	Protein	
Protein	Protein	Protein	
Protein Carbs	Protein Carbs	Protein Carbs	

